



Instructions & User Guide

Contents

Safety Warnings & Advice	3-4
Your GoChef™	5
Before Use	6
Fitting the Non-Stick Bowl	6
Using Your GoChef™	6
GoChef™ Cooking Functions	7-8
Boil	7
Slow Cook	7
Fry	7
Sauté	8
Steam	8
Roast	8
Fondue	8
Reheat	8
Defrost	8
Technical Information	9
Fuse & Mains Plug Replacement	9
Cleaning & Care	10
Guarantee	10



Safety Warnings & Advice

FOR INDOOR USE ONLY.

This appliance is intended for domestic use and within similar environments, such as:

- Staff kitchen areas in shops, offices and other working environments
- Farm houses
- In hotels, bed and breakfasts, and other residential type environments

Not intended to be operated by an external timer or separate remote-control system.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or a qualified electrician in order to prevent an accident.

DO NOT use GoChef™ for any other purpose than its intended use and within the appliance guidelines.

DO NOT use any accessories in GoChef™ other than those supplied.

Keep GoChef™ out of the reach of children.

GoChef™ is **NOT** intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Unplug from the mains power socket when **NOT** in use.

Ensure GoChef™ is clean and dry before use.

Only use on a safe, stable, heat-proof work surface, away from water or water splashes. Take great care when lifting the lid during or after cooking as steam or hot air will be released.

When operating GoChef™ on a work surface, keep the surrounding area clear and free from clutter.

Never over-fill the non-stick bowl. Maximum liquid capacity 2.8 litres.

If GoChef™ does **NOT** function correctly, **DO NOT** attempt to disassemble or service the appliance. Contact JML customer services for advice and assistance.

EXTREME CAUTION must be used when handling or disposing of hot oils or other liquids.

GoChef™ is **NOT** a deep fat fryer. **DO NOT** attempt to use as a deep fat fryer. For shallow frying/flash frying only.

DO NOT touch the hot surfaces, such as the non-stick bowl during or after use. Surfaces can remain hot even after GoChef™ is switched off.

Wait for the non-stick bowl to cool down completely after operation, before cleaning or removing parts.

DO NOT use if the power cord or electric plug are damaged.

DO NOT move GoChef™ when the power is on.

DO NOT use the non-stick bowl on any source of direct heat other than the GoChef™ power base.

DO NOT leave GoChef™ unattended whilst shallow or flash frying.

DO NOT place the GoChef™ on or near a hot gas or electric hob or in a heated oven.

DO NOT use or store GoChef™ in damp or humid conditions.

DO NOT allow the power cord or plug to fall in water or any other liquid.

DO NOT allow the power cord to hang over the edge of surfaces.



Safety Warnings & Advice

DO NOT allow the power cord to touch any hot surfaces.

DO NOT disassemble or modify GoChef™ in any way.

DO NOT place paper, cardboard, plastic or other flammable materials in the GoChef™ bowl.

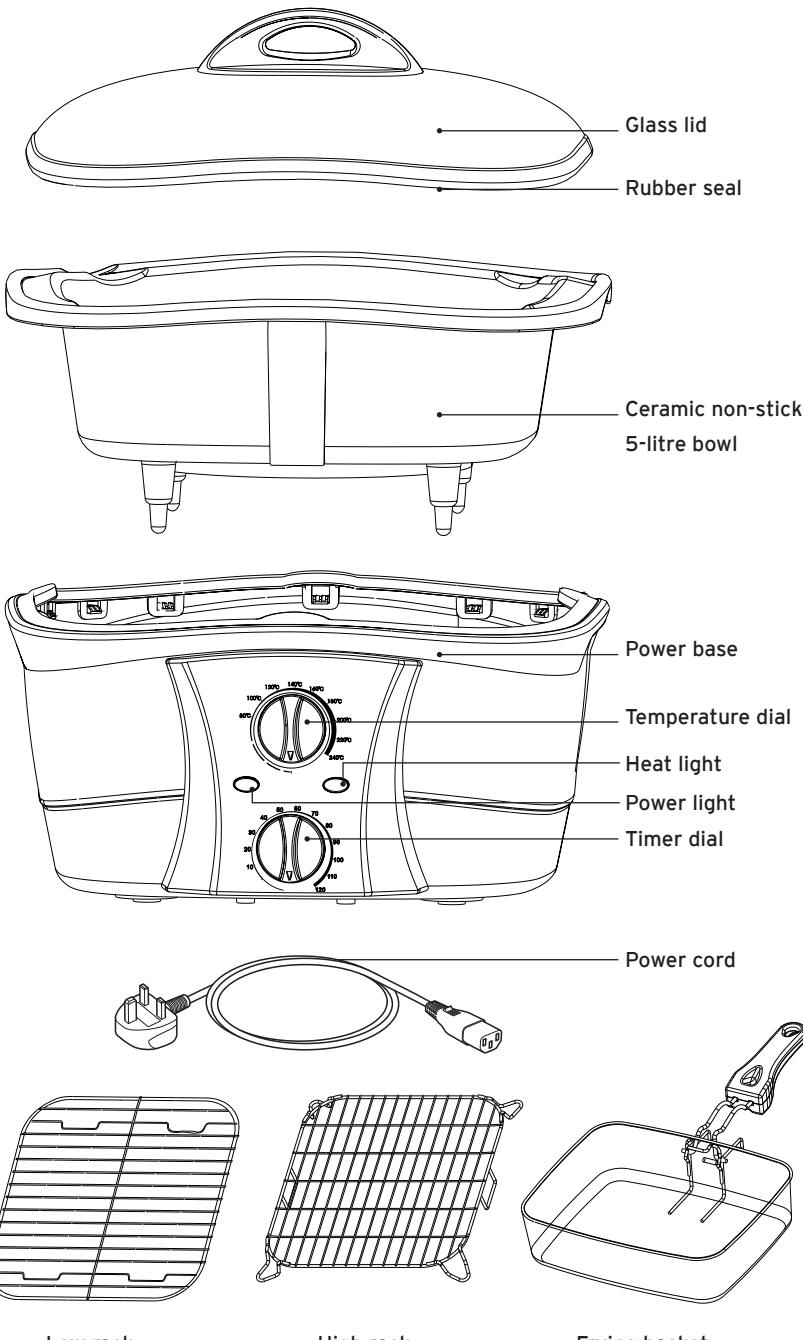
DO NOT pour cold liquid into the non-stick heating bowl whilst it is warm.

DO NOT add water to hot oil

DO NOT touch GoChef™ or the power cord with wet hands.

DO NOT immerse the GoChef™ Power Base in water or place in a dishwasher. Handle with care during cleaning.

Your GoChef™



Before You Start

Ensure you have removed all packaging before you use GoChef™, including the foam sheet that rests underneath the non-stick bowl. Dispose of all packaging responsibly using local recycling schemes.

Before using for the first time, wash the non-stick bowl and all the attachments in warm, soapy water and dry thoroughly. Do not use abrasive cleaners or scourers on the bowl as this may damage the non-stick surface.

Fitting the non-stick bowl

After you've cleaned the non-stick bowl, you'll need to place it in to the GoChef™ power base. On the base of the bowl is a row of three gold pins. Align these with the three adjacent sockets in the power base and push the bowl down firmly in place.



PLEASE NOTE: When using GoChef™ the first time, we recommend heating the bowl on a low temperature first, before adding any ingredients. This will allow any minor residues from the manufacturing process to burn-off. You may notice a small amount of smoke and a faint odour; this is perfectly normal. Once this has cleared, GoChef™ will be ready to use.

Using Your GoChef™

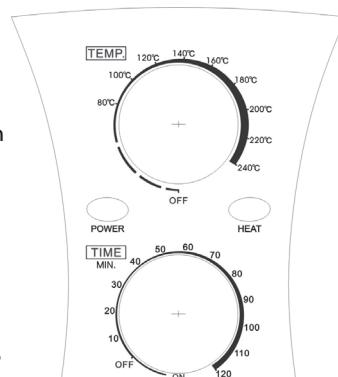
GoChef™ is controlled by two dials, the temperature dial and the timer dial.

To start, first ensure GoChef™ is plugged into a mains socket and the socket is switched on.

To use GoChef™, turn the temperature dial to the temperature you want to cook at, then turn the timer dial to On.

Both lights on the front of GoChef™ should light up. The one on the left is the power light, which indicates that GoChef™ is on. The light on the right indicates that GoChef™ is warming up; it will turn off once the pan has reached the temperature you require.

At any time, you can turn the timer dial clockwise* to set the cooking time. You can set the timer for a maximum of two hours. The bell will ring once the time is up and GoChef™ will turn off. GoChef™ can be used without the timer by leaving the dial set in the On position.



***PLEASE NOTE:** Only turn the timer dial clockwise to set the cooking time. Turning the dial anti-clockwise from the On position may break or damage the timer.

IMPORTANT: Never fill GoChef™ higher than the maximum fill line, which is marked on the inside of the non-stick bowl on the opposite side to the control dials.

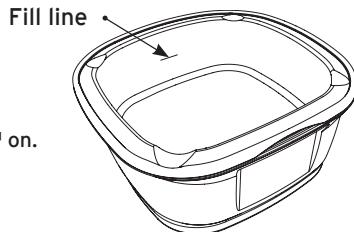
DO NOT use sharp or metal utensils when stirring or serving food to avoid damaging the non-stick surface.

GoChef™ Cooking Functions

NOTE: All temperatures listed are for guidance purposes only and may need adjusting according to food types, quantities and taste requirements.

Boil 220 - 240°C

Fill the bowl, without going over the maximum fill line. Turn the temperature up to 220 - 240°C and turn GoChef™ on. To simmer, lower the temperature to 120°C.



Slow cook 110 - 140°C

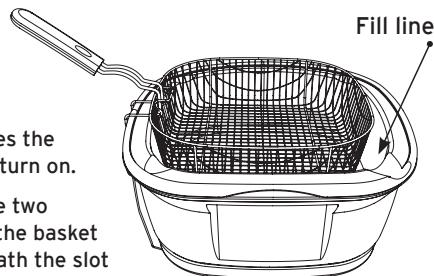
Place your food into the non-stick bowl and place on the lid. Make sure there is enough liquid to cover the food but without filling above the maximum fill line. Turn the temperature up to 110 - 140°C and turn GoChef™ on. Avoid removing the lid while you cook to help retain moisture within the pan.

Fry

• Flash frying

Pour oil into the non-stick bowl, filling it until it reaches the fill line. Turn the temperature dial to 180 - 220°C and turn on.

Fitting the handle to the basket: Squeeze together the two prongs on the end of the handle. On the inside rim of the basket there is a slot; slide the two prongs through. Underneath the slot there are two small vertical slots, click the end of each prong into one of the slots to fix the handle in place.



Place your ingredients inside the basket. Suspend the basket over the non-stick bowl by using the hook underneath the handle to hook it over the side of the bowl. Once the bowl has heated up completely, and the heat light has turned off, unhook the basket and place inside the bowl to cook.

• Shallow frying

To shallow fry, pour in just enough oil to cover the bottom of the bowl. Turn the temperature to 140 - 160°C and turn on. Once the bowl has heated up and the heat light has turned off, place your ingredients in the bowl to fry.

• Pan frying

Pour a small amount of oil into the non-stick bowl. Turn the temperature to 220 - 240°C. Once the oil starts to sizzle, place your ingredients inside to cook. For larger quantities of food, the temperature may need to be increased.

DO NOT leave GoChef™ unattended while frying.

GoChef™ Cooking Functions

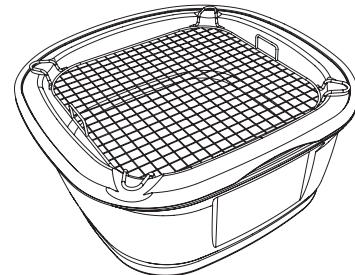
Sauté 160 - 180°C

Pour a small amount of oil into the non-stick bowl and turn the temperature to 160 - 180°C. Once the oil starts to sizzle, place your ingredients inside to cook. For larger quantities of food, the temperature may need to be increased.

Steam 140°C

Pour two cups of water into the non-stick bowl and then place the high rack over the bowl (the water level must be below the high rack). Place your food on the rack and then place on the lid. Set the temperature to 140°C and turn GoChef™ on. Avoid opening GoChef™ while your food is steaming.

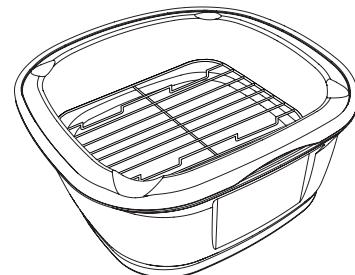
Be careful removing the rack after you have finished cooking as it will be extremely hot.



Roast 180 - 200°C

Place the low rack into the non-stick pan. Turn on GoChef™ and turn the temperature up to 180 - 200°C. Place on the lid. Wait for GoChef™ to heat up and for the heat light to turn off. Then, open the lid, put your food inside and place the lid back on again.

Be careful removing the rack after you have finished cooking as it will be extremely hot.



Fondue 100 - 120°C

Place your ingredients into the non-stick pan and set the temperature to 100 - 120°C, then turn on.

Reheat 140°C

Place your ingredients into the non-stick pan and set the temperature to 140°C, then turn on

Defrost 80°C

Place your ingredients into the non-stick pan and set the temperature to 80°C, then turn on

Technical Information

Technical Information

Non-stick bowl volume	5 Litres
Power consumption	1500W
Power supply	AC 220-240 V ~ 50-60Hz
Model number	MF-02

Fuse & mains plug replacement (UK & Ireland only)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only use those that are ASTA or BSI approved to BS 1362 and with a rated current of 13 amps.

Should you need to replace the plug; the wires in the power cord are coloured in the following way:

Blue - Neutral Brown - Live Green & Yellow - Earth

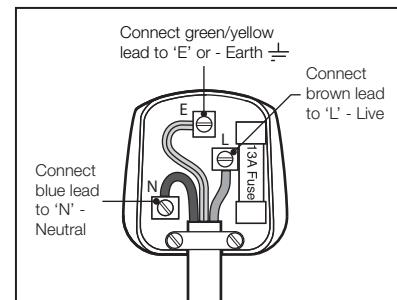
As the colours of the wires in the power cord may not correspond with the coloured markings identifying the terminals in your plug, and proceed as follows:

The wire that is coloured green & yellow must be connected to the terminal in the plug that is marked with the letter E or by the earth symbol $\frac{1}{-}$.

The wire that is coloured blue must be connected to the terminal that is marked with the letter N.

The wire that is coloured brown must be connected to the terminal that is marked with the letter L.

If the power lead is damaged, it must be replaced by a qualified electrician.



Disposal and the environment



This product is covered by the waste electrical and electronic equipment (WEEE) regulations. It should not be discarded with normal household waste, but taken to your local collection centre for recycling. For further information, please contact the local authority or approved disposal agency.

Cleaning & Care

- Unplug from the mains before cleaning
- Always allow GoChef™ and its attachments to completely cool down before you start.
- Empty any oil or liquid from the non-stick bowl, once it is cool, before cleaning.
- The glass lid is dishwasher safe.
- The non-stick bowl is NOT suitable for the dishwasher and should only be hand washed in warm soapy water. Avoid using abrasive detergents or scourers.
- The power base must not be submerged in water.
- To clean the power base, wipe down with a dry, clean cloth. Do not use abrasive detergents or scourers on the base.
- Wash the accessories in warm soapy water.
- Make sure the non-stick heating pan is thoroughly dry before using it.
- Never pour cold water into the non-stick heating pan if it is warm.
- Do not use abrasive scourers or steel wool as this may damage the non-stick surface.
- Only use wooden or heat proof plastic utensils to prevent damage to the non-stick bowl's surface.
- Never use metal utensils in the bowl.
- Never add water to hot oil.

Guarantee

This product is unconditionally guaranteed for one year against all defects of workmanship and materials. This guarantee does not affect your statutory rights. If you have any problems or queries about this product please contact JML.

JML Customer Helpline: 0800 781 7831

Distributed by JML
JML, Unit 1 Eastside, Port of Tyne, South Shields. NE33 5SP
Tel: 020 7691 3800, Fax: 020 7691 3801
E-mail: info@JMLgroup.co.uk Web: www.jmldirect.com

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